

The Senior



QUEENSLAND

71,640

AUGUST 2013

TRAVEL

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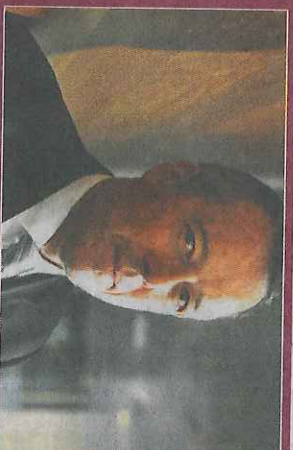
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NEWS

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PAGE 3



OUR TIMES

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PAGE 39



Seniors Week, August 17-25

Patricia's in the swim

SENIORS across the state will try something new, learn a lot and generally have a great time during Seniors Week celebrations this month.

One person ready to do her bit is Patricia Barry who will help present a Grey Medallion water safety course at Caloundra during the week.

Seniors Week celebrations will run from August 17-25 and the organiser, Council on the Ageing Queensland, promises a jam-packed program.

■ Full details on the Grey Medallion program and other Seniors Week events in our Seniors Week feature, Pages 24-38.

WATER WISE – Patricia Barry will spread the word on water safety. Photo: HEATHER GRANT-CAMPBELL



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For healthy bone and joint function

Boron plays a significant role in regulating healthy bone and joint function, that's why it has been included in Caruso's King Krill

Joint Freedom. Boron may provide a favourable effect in supporting bone-building.

Vitamin D may assist with muscle weakness. It may also assist with bone health.

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We are very confident with Caruso's King Krill Joint Freedom. So much so we're offering you a 100% Money Back Guarantee.



King Krill Joint Freedom is now available from leading health food stores and pharmacies in a 60 capsules size for only \$29.95. For more information on King Krill Joint Freedom please call our qualified Naturopaths or Customer Service Representatives on 1300 304 480. Or visit www.carusonaturalhealth.com.au



King Krill and Joint Freedom are made from Caruso's Natural Krill. Always read the label and use only as directed. If symptoms persist, see your healthcare professional. 4700_KKF CHC52939-06/13

www.thesenior.com.au

Trillbillys babbling on!



PLAY UP – Joy Winnel (left) and Janet Findlay are the hilarious Babbling Trillbillys.

Be water aware

IT MAY be winter but there's no cooling of enthusiasm for the Sunshine Coast's Patricia Barry when it comes to being water safe. Patricia will run the Royal Life Saving Society's Grey Medallion course at Caloundra as part of Seniors Week.

"Older Australians are over-represented in drowning statistics," Patricia said. "Of the 284 people who drowned in 2011-12, 97 were aged over 55 and 74 per cent of them were men."

"We all owe it to ourselves to be water aware – whether it's for our own safety or that of young children in our care."

Patricia said underlying medical conditions, poor fitness, overestimating ability and lack of water safety knowledge all played a part in the grim statistics. "It's also surprising the number of people who cannot swim," she said.

IN THE SWIM – Patricia Barry recommends the Grey Medallion program.



The Grey Medallion course, run nationally, teaches skills to deal with emergency situations in the water, as well as personal survival techniques.

"You don't even need to get into the water," Patricia said. "We give tips on how to save a life using what we call dry rescue too, using a broom handle or a swimming noodle."

Caloundra's Grey Medallion course will take place on August 17-18. Bookings on 0413-335-859.

To find out about more about the Grey Medallion course elsewhere in Queensland, www.royallifesaving.com.au/programs/grey-medallion

MUSICAL comedy duo The Babbling Trillbillys will have the audience in stitches when they perform as part of the Ipswich Seniors Variety Day on August 19. Joy Winnel and Janet Findlay are irreverent in their attitude to ageing, determined not to let age stand in the way of enjoying life.

The Babbling Trillbillys' appearance at Ipswich Showgrounds. "But it has to be exercised – use it or lose it," Joy quipped. The Seniors Variety Day, from 10am-1pm, is one of 10 free or low-cost activities supported throughout the week by Ipswich City Council. The day will include a seniors expo with 40 stallholders, free morning tea and lunch, and entertainment.

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